



## Fruit and Veggie Quiz

1. \_\_\_\_\_ are the best sources of vitamins, minerals, and fiber.
  - A. Meat, fish and poultry
  - B. Dairy products (milk and cheese)
  - C. Sweets and nuts
  - D. Fruits and vegetables
2. Fruits and vegetables are a good source of \_\_\_\_\_ and \_\_\_\_\_. (select two)
  - A. vitamin A
  - B. vitamin B
  - C. vitamin C
  - D. vitamin D
  - E. vitamin E
3. \_\_\_\_\_ helps scrapes and cuts heal.
  - A. Vitamin A
  - B. Fiber
  - C. Vitamin C
  - D. Fat
4. \_\_\_\_\_ helps your intestines stay healthy.
  - A. Vitamin A
  - B. Fiber
  - C. Vitamin C
  - D. Fat
5. \_\_\_\_\_ helps you see better in the dark.
  - A. Vitamin A
  - B. Fiber
  - C. Vitamin C
  - D. Fat
6. Fruits and vegetables contain vitamins and \_\_\_\_\_.
  - A. Protein
  - B. Fiber
  - C. Cholesterol
  - D. Fat
7. \_\_\_\_\_ contain fiber.
  - A. Cheese and milk
  - B. Meat and fish
  - C. Eggs
  - D. Fruits, vegetables and whole grains
8. Fruits and vegetables that are high in Vitamin A are \_\_\_\_\_ in color.
  - A. red and white
  - B. blue and brown
  - C. yellow-orange and dark green
  - D. brown and purple
9. If you add \_\_\_\_\_ to your salad, it will be high in Vitamin A.
  - A. broccoli
  - B. grapes
  - C. iceberg lettuce
  - D. raisins
10. If you add \_\_\_\_\_ to your salad, it will be high in Vitamin C.
  - A. carrots
  - B. oranges
  - C. Iceberg lettuce
  - D. romaine lettuce
11. The best juice to buy is one that has \_\_\_\_\_ on the label.
  - A. 100% fruit (or vegetable) juice
  - B. contains fruit (or vegetable) juice
  - C. 100% pure
  - D. tastes great
12. Eating a lots of fruits and vegetables can help maintain \_\_\_\_\_.
  - A. A healthy heart
  - B. A lower risk of some cancers
  - C. Both
13. A ½ cup serving is the same size as half of a tennis ball.
  - A. True
  - B. False

Answers: 1-D; 2-A and C; 3-C; 4-B; 5-A; 6-B; 7-D; 8-C; 9-A; 10-B; 11-A; 12-C; 13-A.

### NH 5 A Day for Better Health Program

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